

# VLC 2026: Session: 3: COACH evaluation sheet for TEAM: HZS

Coachinfo: Warming up from: 07:15 until 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Mulkers Lander HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

**Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:1, starttime: 08:30**

**Heat: 1/31 Lane : 6 Athlete: DESAIR ANNA-LOUISE Q-time: 01:19:27**

**PB (50m pool): 01:19.27 Seraing 25/01/2026 PB (25m pool): 01:20.78 SB: 01:19.27 Seraing 25/01/2026**

	<b>5 0 M</b>	<b>1 0 0 M</b>
<b>PB</b>	00:37.70	01:19.27
	<i>00:37.70</i>	<i>00:41.57</i>
	. . . . .	. . . . .

Coach feedback:

**Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:7, starttime: 08:41**

**Heat: 7/31 Lane : 1 Athlete: VANDER MEER NOOR Q-time: 01:12:51**

**PB (50m pool): 01:12.51 Gent 08/02/2026 PB (25m pool): 01:14.87 SB: 01:12.51 Gent 08/02/2026**

	<b>5 0 M</b>	<b>1 0 0 M</b>
<b>PB</b>	00:34.70	01:12.51
	<i>00:34.70</i>	<i>00:37.81</i>
	. . . . .	. . . . .

Coach feedback:

**Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:8, starttime: 08:42**

**Heat: 8/31 Lane : 7 Athlete: GERETS ANNELIEN Q-time: 01:11:99**

**PB (50m pool): 01:11.99 Seraing 25/01/2026 PB (25m pool): 01:12.21 SB: 01:11.99 Seraing 25/01/2026**

	<b>5 0 M</b>	<b>1 0 0 M</b>
<b>PB</b>	00:34.71	01:11.99
	<i>00:34.71</i>	<i>00:37.28</i>
	. . . . .	. . . . .

Coach feedback:

# VLC 2026: Session: 3: COACH evaluation sheet for TEAM: HZS

<b>Event number: 6: 100M FREESTYLE WOMEN 13+</b>		<b>Heat:13, starttime: 08:51</b>	
<b>Heat: 13/31 Lane : 8 Athlete: KOREN ZARA</b>		<b>Q-time: 01:09:79</b>	
PB (50m pool): 01:10.11 Antwerp 02/02/2025		PB (25m pool): 01:10.27 SB: 01:12.97 Genk 01/02/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:32.88	01:10.11	
	00:32.88	00:37.23	
	.....	.....	

Coach feedback:

<b>Event number: 6: 100M FREESTYLE WOMEN 13+</b>		<b>Heat:17, starttime: 08:57</b>	
<b>Heat: 17/31 Lane : 8 Athlete: JASPERS LIEN</b>		<b>Q-time: 01:08:16</b>	
PB (50m pool): 01:12.89 Antwerpen 13/07/2025		PB (25m pool): 01:08.16 SB: no time	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:34.90	01:12.89	
	00:34.90	00:37.99	
	.....	.....	

Coach feedback:

<b>Event number: 6: 100M FREESTYLE WOMEN 13+</b>		<b>Heat:18, starttime: 08:59</b>	
<b>Heat: 18/31 Lane : 7 Athlete: THEWISSEN MIRTHE</b>		<b>Q-time: 01:07:75</b>	
PB (50m pool): 01:10.99 Genk 01/02/2026		PB (25m pool): 01:07.75 SB: 01:10.99 Genk 01/02/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:33.40	01:10.99	
	00:33.40	00:37.59	
	.....	.....	

Coach feedback:

<b>Event number: 6: 100M FREESTYLE WOMEN 13+</b>		<b>Heat:22, starttime: 09:06</b>	
<b>Heat: 22/31 Lane : 6 Athlete: VERLEYSSEN NOA</b>		<b>Q-time: 01:06:33</b>	
PB (50m pool): 01:07.71 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:06.33 SB: 01:07.91 Gent 08/02/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:33.13	01:07.71	
	00:33.13	00:34.58	
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Coach feedback:

# VLC 2026: Session: 3: COACH evaluation sheet for TEAM: HZS

**Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:28, starttime: 09:15**

**Heat: 28/31 Lane : 7 Athlete: COPERMANS SAM Q-time: 01:03:98**

**PB (50m pool): 01:05.33 Antwerpen 20/07/2025 PB (25m pool): 01:03.98 SB: 01:05.39 Genk 01/02/2026**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	no time	01:05.33	
	<i>no time</i>		
	.....	.....	

Coach feedback:

**Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:28, starttime: 09:15**

**Heat: 28/31 Lane : 8 Athlete: BEUNCKENS TESS Q-time: 01:04:03**

**PB (50m pool): 01:04.55 Antwerp 02/02/2025 PB (25m pool): 01:01.81 SB: 01:05.67 Seraing 25/01/2026**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:30.71	01:04.55	
	<i>00:30.71</i>	<i>00:33.84</i>	
	.....	.....	

Coach feedback:

**Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:29, starttime: 09:17**

**Heat: 29/31 Lane : 8 Athlete: VANIERSCHOT ELLA Q-time: 01:03:66**

**PB (50m pool): 01:04.17 Antwerp 09/02/2025 PB (25m pool): 01:03.66 SB: 01:05.17 Seraing 25/01/2026**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:31.13	01:04.17	
	<i>00:31.13</i>	<i>00:33.04</i>	
	.....	.....	

Coach feedback:

**Event number: 6: 100M FREESTYLE WOMEN 13+ Heat:30, starttime: 09:18**

**Heat: 30/31 Lane : 3 Athlete: CLAESSENS ELLA-LOUISE Q-time: 01:02:43**

**PB (50m pool): 01:03.37 Gent 08/02/2026 PB (25m pool): 01:02.43 SB: 01:03.37 Gent 08/02/2026**

	<b>50 M</b>	<b>100 M</b>	
<b>PB</b>	00:30.36	01:03.37	
	<i>00:30.36</i>	<i>00:33.01</i>	
	.....	.....	

Coach feedback:

# VLC 2026: Session: 3: COACH evaluation sheet for TEAM: HZS

<b>Event number: 17: 100M BREASTSTROKE MEN 13+</b>		<b>Heat:5, starttime: 09:31</b>	
<b>Heat: 5/26 Lane : 7 Athlete: BRUNINX LEON</b>		<b>Q-time: 01:36:63</b>	
PB (50m pool): no time		PB (25m pool): 01:36.63 SB: no time	
	<b>50 M</b>	<b>100 M</b>	
PB	no time	no time	
	<i>no time</i>		
	.....	.....	

Coach feedback:

<b>Event number: 17: 100M BREASTSTROKE MEN 13+</b>		<b>Heat:11, starttime: 09:43</b>	
<b>Heat: 11/26 Lane : 1 Athlete: HOUSEN ILYA</b>		<b>Q-time: 01:28:07</b>	
PB (50m pool): 01:28.07 Gent 08/02/2026		PB (25m pool): no time SB: 01:28.07 Gent 08/02/2026	
	<b>50 M</b>	<b>100 M</b>	
PB	00:41.39	01:28.07	
	<i>00:41.39</i>	<i>00:46.68</i>	
	.....	.....	

Coach feedback:

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:1, starttime: 10:17</b>	
<b>Heat: 1/33 Lane : 7 Athlete: LENAERTS JULIA</b>		<b>Q-time: 00:36:09</b>	
PB (50m pool): 00:36.09 Seraing 25/01/2026		PB (25m pool): 00:38.10 SB: 00:36.09 Seraing 25/01/2026	
	<b>50 M</b>		
PB	00:36.09		
	<i>00:36.09</i>		
	.....		

Coach feedback:

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:3, starttime: 10:19</b>	
<b>Heat: 3/33 Lane : 6 Athlete: VAN GUYSE ADA</b>		<b>Q-time: 00:34:41</b>	
PB (50m pool): no time		PB (25m pool): 00:34.41 SB: no time	
	<b>50 M</b>		
PB	no time		
	<i>no time</i>		
	.....		

Coach feedback:

# VLC 2026: Session: 3: COACH evaluation sheet for TEAM: HZS

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:4, starttime: 10:20</b>
<b>Heat: 4/33 Lane : 2 Athlete: VANDER MEER NOOR</b>		<b>Q-time: 00:33:91</b>
PB (50m pool): 00:34.57 Genk 01/02/2026		PB (25m pool): 00:33.91 SB: 00:34.57 Genk 01/02/2026
	<b>5 0 M</b>	
PB	00:34.57	
	00:34.57	
	.....	

Coach feedback:

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:12, starttime: 10:28</b>
<b>Heat: 12/33 Lane : 7 Athlete: KOREN ZARA</b>		<b>Q-time: 00:32:15</b>
PB (50m pool): 00:33.37 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:32.15 SB: 00:33.61 Genk 01/02/2026
	<b>5 0 M</b>	
PB	00:33.37	
	00:33.37	
	.....	

Coach feedback:

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:13, starttime: 10:29</b>
<b>Heat: 13/33 Lane : 7 Athlete: GERETS ANNELIEN</b>		<b>Q-time: 00:31:83</b>
PB (50m pool): 00:33.59 Aalst 28/06/2025		PB (25m pool): 00:31.83 SB: no time
	<b>5 0 M</b>	
PB	00:33.59	
	00:33.59	
	.....	

Coach feedback:

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:16, starttime: 10:32</b>
<b>Heat: 16/33 Lane : 7 Athlete: THEWISSEN MIRTHE</b>		<b>Q-time: 00:31:40</b>
PB (50m pool): 00:32.59 Gent 08/02/2026		PB (25m pool): 00:31.40 SB: 00:32.59 Gent 08/02/2026
	<b>5 0 M</b>	
PB	00:32.59	
	00:32.59	
	.....	

Coach feedback:

# VLC 2026: Session: 3: COACH evaluation sheet for TEAM: HZS

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:20, starttime: 10:36</b>
<b>Heat: 20/33 Lane : 8 Athlete: BEUNCKENS TESS</b>	<b>Q-time: 00:30:90</b>	
PB (50m pool): 00:30.90 Genk 01/02/2026		PB (25m pool): 00:30.10 SB: 00:30.90 Genk 01/02/2026
	<b>5 0 M</b>	
PB	00:30.90	
	00:30.90	
	.....	

Coach feedback:

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:24, starttime: 10:40</b>
<b>Heat: 24/33 Lane : 3 Athlete: VERLEYSEN NOA</b>	<b>Q-time: 00:30:32</b>	
PB (50m pool): 00:31.16 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:30.32 SB: 00:31.45 Genk 01/02/2026
	<b>5 0 M</b>	
PB	00:31.16	
	00:31.16	
	.....	

Coach feedback:

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:29, starttime: 10:45</b>
<b>Heat: 29/33 Lane : 3 Athlete: COPERMANS SAM</b>	<b>Q-time: 00:29:42</b>	
PB (50m pool): 00:29.95 Genk 01/02/2026		PB (25m pool): 00:29.42 SB: 00:29.95 Genk 01/02/2026
	<b>5 0 M</b>	
PB	00:29.95	
	00:29.95	
	.....	

Coach feedback:

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:30, starttime: 10:46</b>
<b>Heat: 30/33 Lane : 2 Athlete: VANIERSCHOT ELLA</b>	<b>Q-time: 00:29:31</b>	
PB (50m pool): 00:29.87 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:29.17 SB: 00:30.17 Genk 01/02/2026
	<b>5 0 M</b>	
PB	00:29.87	
	00:29.87	
	.....	

Coach feedback:

# VLC 2026: Session: 3: COACH evaluation sheet for TEAM: HZS

<b>Event number: 19: 50M FREESTYLE WOMEN 13+</b>		<b>Heat:32, starttime: 10:48</b>
<b>Heat: 32/33 Lane : 1 Athlete: CLAESSENS ELLA-LOUISE</b>		<b>Q-time: 00:28:95</b>
PB (50m pool): 00:28.95 Genk 01/02/2026		PB (25m pool): 00:28.87 SB: 00:28.95 Genk 01/02/2026
	<b>50 M</b>	
PB	00:28.95	
	00:28.95	
	.....	

Coach feedback:

<b>Event number: 21: 50M BACKSTROKE MEN 13+</b>		<b>Heat:4, starttime: 11:01</b>
<b>Heat: 4/27 Lane : 6 Athlete: BRUNINX LEON</b>		<b>Q-time: 00:39:60</b>
PB (50m pool): no time		PB (25m pool): 00:39.60 SB: no time
	<b>50 M</b>	
PB	no time	
	no time	
	.....	

Coach feedback:

<b>Event number: 23: 100M BUTTERFLY WOMEN 13+</b>		<b>Heat:1, starttime: 11:42</b>
<b>Heat: 1/23 Lane : 7 Athlete: VANDER MEER NOOR</b>		<b>Q-time: 01:40:14</b>
PB (50m pool): 01:40.52 Seraing 25/01/2026		PB (25m pool): 01:40.14 SB: 01:40.52 Seraing 25/01/2026
	<b>50 M</b>	<b>100 M</b>
PB	00:44.96	01:40.52
	00:44.96	00:55.56
	.....	.....

Coach feedback:

<b>Event number: 23: 100M BUTTERFLY WOMEN 13+</b>		<b>Heat:10, starttime: 12:00</b>
<b>Heat: 10/23 Lane : 3 Athlete: GERETS ANNELIEN</b>		<b>Q-time: 01:23:31</b>
PB (50m pool): 01:33.82 Antwerpen 13/07/2025		PB (25m pool): 01:23.31 SB: no time
	<b>50 M</b>	<b>100 M</b>
PB	00:45.27	01:33.82
	00:45.27	00:48.55
	.....	.....

Coach feedback:

# VLC 2026: Session: 3: COACH evaluation sheet for TEAM: HZS

<b>Event number: 23: 100M BUTTERFLY WOMEN 13+</b>		<b>Heat:16, starttime: 12:11</b>	
<b>Heat: 16/23 Lane : 3 Athlete: BEUNCKENS TESS</b>		<b>Q-time: 01:17:40</b>	
PB (50m pool): 01:17.78 Genk 01/02/2026		PB (25m pool): 01:17.40 SB: 01:17.78 Genk 01/02/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:36.07	01:17.78	
	00:36.07	00:41.71	
	.....	.....	

Coach feedback:

<b>Event number: 23: 100M BUTTERFLY WOMEN 13+</b>		<b>Heat:18, starttime: 12:15</b>	
<b>Heat: 18/23 Lane : 3 Athlete: THEWISSEN MIRTHE</b>		<b>Q-time: 01:15:67</b>	
PB (50m pool): 01:18.08 Antwerpen 21/07/2024		PB (25m pool): 01:15.67 SB: 01:20.47 Genk 01/02/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	no time	01:18.08	
	no time		
	.....	.....	

Coach feedback:

<b>Event number: 23: 100M BUTTERFLY WOMEN 13+</b>		<b>Heat:19, starttime: 12:17</b>	
<b>Heat: 19/23 Lane : 1 Athlete: COPERMANS SAM</b>		<b>Q-time: 01:15:41</b>	
PB (50m pool): 01:18.86 Genk 01/02/2026		PB (25m pool): 01:15.41 SB: 01:18.86 Genk 01/02/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:34.51	01:18.86	
	00:34.51	00:44.35	
	.....	.....	

Coach feedback:

<b>Event number: 23: 100M BUTTERFLY WOMEN 13+</b>		<b>Heat:21, starttime: 12:20</b>	
<b>Heat: 21/23 Lane : 4 Athlete: CLAESSENS ELLA-LOUISE</b>		<b>Q-time: 01:12:86</b>	
PB (50m pool): 01:13.46 Gent 08/02/2026		PB (25m pool): 01:12.86 SB: 01:13.46 Gent 08/02/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:34.18	01:13.46	
	00:34.18	00:39.28	
	.....	.....	

Coach feedback:

# VLC 2026: Session: 3: COACH evaluation sheet for TEAM: HZS

<b>Event number: 23: 100M BUTTERFLY WOMEN 13+</b>		<b>Heat:22, starttime: 12:22</b>	
<b>Heat: 22/23 Lane : 1 Athlete: VERLEYSEN NOA</b>		<b>Q-time: 01:12:59</b>	
PB (50m pool): 01:13.32 Genk 01/02/2026		PB (25m pool): 01:12.59 SB: 01:13.32 Genk 01/02/2026	
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:33.68	01:13.32	
	<i>00:33.68</i>	<i>00:39.64</i>	
	.....	.....	

Coach feedback: